



Modern Madness: The Hidden Link Between Work and Emotional Conflict

Douglas LaBier

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More and more career professionals say they are dissatisfied with their lives. Depression, anxiety, and anger are common complaints. Working harder doesn't help. Many try to buy their way to happiness. Others turn to drugs and alcohol for escape. Either way, they are left feeling even emptier and more out of control.

Based on his landmark seven-year study of emotional lives of career professionals, psychoanalyst Douglas LaBier explores the range of conflicts and sheds provocative new light on the path to achieving success and personal fulfillment in the emotional battleground of the workplace.



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